

Circumcision Post-Procedure Instructions

UROLOGY
SAN ANTONIO

Your attention to the following instructions during your initial recovery will contribute to the success of the procedure.

Diet

You may return to your normal diet within 24 hours after your surgery. We suggest clear liquids and a very light meal the first evening.

Activities

Your physical activity should be restricted for the first 48 hours. During the first few days following surgery, you should avoid lifting heavy objects (anything greater than 10 lbs) and avoid strenuous exercise. If you work, ask us specifically about your restrictions. We will write a note to your employer if needed.

Pain and Swelling

To minimize swelling and pain, use an ice pack over the penis for the first 48 hours. Frozen peas or corn in a bag make a convenient ice pack and can be refrozen multiple times. Alternate 15 minutes on and 15 minutes off with the ice pack.

Wound

In most cases, you will have multiple stitches that run along the course of your incision. Expect some redness around the stitches. If there is generalized redness, especially with increasing pain or swelling, call your doctor. The penis will likely turn “black and blue” after the procedure. The black and blue is followed by a yellow and brown color. In time, the discoloration will go away. As the stitches dissolve, you may see some yellowish-green discharge. This is to be expected.

Hygiene

You may shower 24 hours after surgery. Tub bathing, swimming or any soaking of the penis should be avoided for 1 week. You may use Neosporin ointment on the stitches as needed.

Medication

You will be sent home with a prescription pain medication that you may take if your pain is not controlled by over-the-counter medicines. If the pain is not too bad, we recommend that you take either Tylenol (acetaminophen) or Advil (ibuprofen). You might find that you tolerate these over-the-counter medications better and find that they have fewer side effects. If your pain is not controlled with the prescription medication, please contact us.

Follow Up

Your doctor will tell you when he or she wants to see you back in the office after your procedure.

Call Your Urologist If You Experience These Problems

- Fevers over 101.5° F
- Heavy bleeding or clots
- Inability to urinate